

# Adonis Golden Ratio Training Program

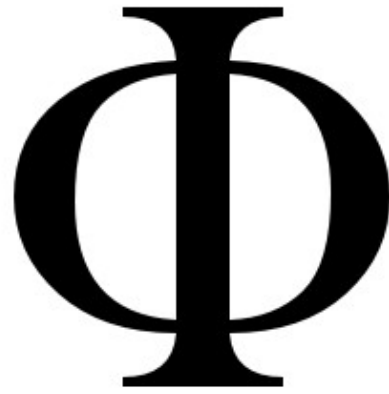
CATEGORY 2 - 12-WEEK PROGRAM

PRIMARY GOAL

FAT LOSS



BY JOHN BARBAN



**Primary Goal - Fat  
Loss  
12 Week Periodized  
Program For:**

**Fat Loss  
Muscle Growth  
Conditioning**

By John Barban  
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# Week 1

<b>Week 1: Day 1</b>	
Circuit 1 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Push Ups</a>	21
<a href="#">Bodyweight Squat</a>	21
<a href="#">Curl &amp; Press</a>	13
3 Min Rest then move on to Circuit 2	
Circuit 2 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Close Hands Push Ups</a>	21
<a href="#">Prisoner Squat</a>	21
<a href="#">Bent Dumbbell Row</a>	13
3 Min Rest then move on to Circuit 3	
Circuit 3 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Reverse Lunge</a>	13
<a href="#">Wide Grip Pulldown</a>	13
<a href="#">Stability Ball Curl ups</a>	21
3 Min Rest then move on to Circuit 4	
Circuit 4 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Incline Dumbbell Press</a>	13
<a href="#">Standing Calf Raises</a>	21
<a href="#">Stability Ball Roll outs</a>	21
3 Min Rest then move on to Circuit 5	
Circuit 5 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Dips</a>	21
<a href="#">Seated Calf Raise</a>	21
<a href="#">Squat &amp; Press</a>	13

Week 1: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Dumbbell Curls</a>	3	13	60
<a href="#">Incline Dumbbell Curls</a>	3	8	90
<a href="#">Barbell Curls</a>	2	5	120
<a href="#">Curl &amp; Press</a>	3	5	120
<a href="#">Seated Shoulder Press</a>	5	8	90
<a href="#">Wide Grip Pulldown</a>	5	13	60

<b>Week 1: Day 3</b>	
Circuit 1 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Bodyweight Squat</a>	21
<a href="#">Offset Push ups</a>	8
<a href="#">Stability Ball Roll outs</a>	13
3 Min Rest then move on to Circuit 2	
Circuit 2 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Push Up &amp; Row</a>	8
<a href="#">Reverse Lunge</a>	21
<a href="#">Standing Dumbbell Press</a>	13
3 Min Rest then move on to Circuit 3	
Circuit 3 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Standing Calf Raises</a>	21
<a href="#">Dumbbell Upright Row</a>	13
<a href="#">Stability Ball Curl ups</a>	21
3 Min Rest then move on to Circuit 4	
Circuit 4 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Close Hands Push Ups</a>	13
<a href="#">Prisoner Squat</a>	21
<a href="#">Stability Ball Roll outs</a>	21
3 Min Rest then move on to Circuit 5	
Circuit 5 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Bench Squat &amp; Press</a>	13
<a href="#">Standing Calf Raises</a>	21
<a href="#">Dips</a>	21

Week 1: Day 4			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Step Ups</a>	3	13	60
<a href="#">Reverse Lunge</a>	3	8	90
<a href="#">Dumbbell Squat</a>	2	5	120
<a href="#">Squat &amp; Press</a>	3	5	120
<a href="#">High Pull</a>	5	8	90
<a href="#">Incline Dumbbell Press</a>	5	13	60

# Week 2

<b>Week 2: Day 1</b>	
Circuit 1 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Spiderman Push ups</a>	8
<a href="#">Bodyweight Squat</a>	21
<a href="#">Curl &amp; Press</a>	13
3 Min Rest then move on to Circuit 2	
Circuit 2 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Close Hands Push up</a>	21
<a href="#">Reverse Lunge</a>	13
<a href="#">Standing Dumbbell Press</a>	13
3 Min Rest then move on to Circuit 3	
Circuit 3 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Prisoner Squat</a>	21
<a href="#">Dumbbell Upright Row</a>	13
<a href="#">Stability Ball Curl ups</a>	21
3 Min Rest then move on to Circuit 4	
Circuit 4 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Bent Dumbbell Row</a>	13
<a href="#">Standing Calf Raises</a>	21
<a href="#">Stability Ball Roll outs</a>	21
3 Min Rest then move on to Circuit 5	
Circuit 5 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Push Ups</a>	21
<a href="#">Standing Calf Raises</a>	21
<a href="#">Squat &amp; Press</a>	13

Week 2: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">One Hand Push ups</a>	3	13	60
<a href="#">Offset Push ups</a>	3	8	90
<a href="#">Tricep Rope Pushdowns</a>	2	5	120
<a href="#">Pulldown &amp; Pressdown</a>	5	5	120
<a href="#">Standing Dumbbell Press</a>	5	8	90
<a href="#">Dumbbell Upright Row</a>	3	13	60



<b>Week 2: Day 3</b>	
Circuit 1 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Bodyweight Squat</a>	21
<a href="#">Stability Ball Rollouts</a>	13
<a href="#">Reverse Lunge</a>	13
3 Min Rest then move on to Circuit 2	
Circuit 2 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Close Hands Push Ups</a>	21
<a href="#">Triple Raise</a>	21
<a href="#">Bulgarian Squat</a>	13
3 Min Rest then move on to Circuit 3	
Circuit 3 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Stability Ball Curl ups</a>	21
<a href="#">Curl &amp; Press</a>	13
<a href="#">Reverse Lunge</a>	13
3 Min Rest then move on to Circuit 4	
Circuit 4 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Push Ups</a>	21
<a href="#">Standing Calf Raises</a>	21
<a href="#">Close Grip Pulldowns</a>	13
3 Min Rest then move on to Circuit 5	
Circuit 5 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Standing Calf Raise</a>	21
<a href="#">Cable Cross Over Low Finish</a>	13
<a href="#">Dumbbell Upright Row</a>	13

Week 2: Day 4			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">One Leg Calf Raise(Dumbbell)</a>	5	13	60
<a href="#">Calf Press</a>	3	13	60
<a href="#">Low Pulley Row Wide Grip</a>	5	13	60
<a href="#">One Arm Dumbbell Row</a>	5	8	90
<a href="#">Curl &amp; Press</a>	3	5	120

# Week 3

<b>Week 3: Day 1</b>	
Circuit 1 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Bodyweight Squat</a>	21
<a href="#">Stability Ball Roll outs</a>	13
<a href="#">Pushups</a>	21
3 Min Rest then move on to Circuit 2	
Circuit 2 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Bulgarian Squat</a>	13
<a href="#">Dumbbell Upright Row</a>	21
<a href="#">Standing Dumbbell Press</a>	13
3 Min Rest then move on to Circuit 3	
Circuit 3 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Stability Ball Curl ups</a>	21
<a href="#">Front Raise plate</a>	13
<a href="#">Prisoner Squat</a>	21
3 Min Rest then move on to Circuit 4	
Circuit 4 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Reverse Lunge</a>	13
<a href="#">Curl &amp; Press</a>	21
<a href="#">Wide Grip Pulldown</a>	13
3 Min Rest then move on to Circuit 5	
Circuit 5 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Standing Calf Raise</a>	21
<a href="#">Incline Dumbbell Press</a>	13
<a href="#">Bodyweight Squat</a>	21

Week 3: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Dumbbell Curls</a>	3	8	90
<a href="#">Incline Dumbbell Curls</a>	3	8	90
<a href="#">Barbell Curls</a>	2	5	120
<a href="#">Curl &amp; Press</a>	5	5	120
<a href="#">Seated Shoulder Press</a>	5	8	90
<a href="#">Wide Grip Pulldown</a>	3	8	90

<b>Week 3: Day 3</b>	
Circuit 1 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Decline Pushups</a>	21
<a href="#">Step Ups</a>	13
<a href="#">Stability Ball Roll Out</a>	21
3 Min Rest then move on to Circuit 2	
Circuit 2 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Reverse Lunge</a>	13
<a href="#">Stability Ball Curl ups</a>	21
<a href="#">Pulldown &amp; Pressdown</a>	13
3 Min Rest then move on to Circuit 3	
Circuit 3 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Stability Ball Curl ups</a>	21
<a href="#">Cable Cross Over High Finish</a>	13
<a href="#">Prisoner Squat</a>	21
3 Min Rest then move on to Circuit 4	
Circuit 4 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Squat &amp; Press</a>	13
<a href="#">Standing Calf Raise</a>	21
<a href="#">Dumbbell Upright Row</a>	13
3 Min Rest then move on to Circuit 5	
Circuit 5 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Standing Calf Raise</a>	21
<a href="#">Incline Flye</a>	13
<a href="#">Stability Ball Rollouts</a>	21

Week 3: Day 4			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Step Ups</a>	3	8	90
<a href="#">Reverse Lunge</a>	3	8	90
<a href="#">Dumbbell Squat</a>	2	5	120
<a href="#">Squat &amp; Press</a>	5	5	120
<a href="#">High Pull</a>	5	8	90
<a href="#">Incline Dumbbell Press</a>	3	8	90

# Week 4

<b>Week 4: Day 1</b>	
Circuit 1 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Triple Raise</a>	21
<a href="#">Reverse Lunge</a>	13
<a href="#">Stability Ball Curl ups</a>	21
3 Min Rest then move on to Circuit 2	
Circuit 2 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Step Ups</a>	13
<a href="#">Stability Ball Roll outs</a>	21
<a href="#">Curl &amp; Press</a>	13
3 Min Rest then move on to Circuit 3	
Circuit 3 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Prisoner Squat</a>	21
<a href="#">Pulldown &amp; Pressdown</a>	13
<a href="#">Bent Dumbbell Row</a>	21
3 Min Rest then move on to Circuit 4	
Circuit 4 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Squat &amp; Press</a>	13
<a href="#">Standing Calf Raise</a>	21
<a href="#">Low Cable Crossover</a>	13
3 Min Rest then move on to Circuit 5	
Circuit 5 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Standing Calf Raise</a>	21
<a href="#">Bench Squat &amp; Press</a>	13
<a href="#">Pushups</a>	21

Week 4: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">One Arm Push ups</a>	3	8	90
<a href="#">Offset Push ups</a>	3	8	90
<a href="#">Tate Press</a>	2	5	120
<a href="#">Pulldown &amp; Pressdown</a>	5	5	120
<a href="#">Alternate Incline Dumbbell Press</a>	5	8	90
<a href="#">Standing Dumbbell Press</a>	3	8	90



<b>Week 4: Day 3</b>	
Circuit 1 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Prisoner Squat</a>	21
<a href="#">Pulldown &amp; Pressdown</a>	13
<a href="#">Bent Dumbbell Row</a>	21
3 Min Rest then move on to Circuit 2	
Circuit 2 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Step Ups</a>	13
<a href="#">Stability Ball Roll outs</a>	21
<a href="#">Curl &amp; Press</a>	13
3 Min Rest then move on to Circuit 3	
Circuit 3 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Stability Ball Curl ups</a>	21
<a href="#">Reverse Lunge</a>	13
<a href="#">Triple Raise</a>	21
3 Min Rest then move on to Circuit 4	
Circuit 4 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Squat &amp; Press</a>	13
<a href="#">Bodyweight Squat</a>	21
<a href="#">Low Cable Crossover</a>	13
3 Min Rest then move on to Circuit 5	
Circuit 5 - Compete 3 sets of the following exercises back to back to back Take 1 minute rest between each circuit	Reps
<a href="#">Standing Calf Raise</a>	21
<a href="#">Squat &amp; Press</a>	13
<a href="#">Pushups</a>	21

Week 4: Day 4			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">One Leg Calf Raise (Dumbbell)</a>	5	8	90
<a href="#">Calf Press</a>	3	8	90
<a href="#">Low Pulley Row Wide Grip</a>	5	5	120
<a href="#">Bent Dumbbell Row</a>	5	8	90
<a href="#">Curl &amp; Press</a>	3	8	90

# Week 5

Week 5: Day 1			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Rope Curls</a>	2	21	60
<a href="#">Dumbbell Curls</a>	2	21	60
<a href="#">Incline Dumbbell Curls</a>	2	13	90
<a href="#">Barbell Curls</a>	2	13	90
<a href="#">Dumbbell Upright Row</a>	3	13	90
<a href="#">Seated Shoulder Press</a>	3	13	90
<a href="#">Incline Dumbbell Flye</a>	3	13	90
<a href="#">Pullovers</a>	2	21	60
<a href="#">Stability Ball Roll outs</a>	2	21	60

Week 5: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Step Ups</a>	2	21	60
<a href="#">Dumbbell Squat</a>	2	21	60
<a href="#">Reverse Lunge</a>	2	13	90
<a href="#">Stiff Leg Deadlift</a>	2	13	90
<a href="#">Squat &amp; Press</a>	3	13	90
<a href="#">Incline Dumbbell Press</a>	3	13	90
<a href="#">Cable Cross Over Mid</a>	3	13	90
<a href="#">Seated Lateral Raise</a>	2	21	60
<a href="#">Shrugs</a>	2	21	60

<b>Week 5: Day 3</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest (Sec)</b>
<a href="#"><u>Tricep Rope Pushdowns</u></a>	2	21	60
<a href="#"><u>Close Hands Push ups</u></a>	2	21	60
<a href="#"><u>Incline Tricep extension (barbell)</u></a>	2	13	90
<a href="#"><u>Tate Press</u></a>	2	13	90
<a href="#"><u>Pulldown &amp; Pressdown</u></a>	3	13	90
<a href="#"><u>Standing Dumbbell Press</u></a>	3	13	90
<a href="#"><u>Dumbbell Upright Row</u></a>	3	13	90
<a href="#"><u>Bent Dumbbell Row</u></a>	2	21	60
<a href="#"><u>Stability Ball Roll outs</u></a>	2	21	60

<b>Week 5: Day 4</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest (Sec)</b>
<a href="#"><u>Seated Calf Raise</u></a>	3	21	60
<a href="#"><u>Calf Press</u></a>	3	21	60
<a href="#"><u>One leg Calf Raise (dumbbell)</u></a>	2	13	90
<a href="#"><u>Low Pulley Row Wide Grip</u></a>	3	13	90
<a href="#"><u>Curl &amp; Press</u></a>	3	13	90
<a href="#"><u>Cable Face Pulls</u></a>	3	13	90
<a href="#"><u>Seated Lateral Raises</u></a>	2	21	60
<a href="#"><u>Stability Ball Curl ups</u></a>	2	21	60

# Week 6

## Week 6: Day 1

Exercise	Sets	Reps	Rest (Sec)
<a href="#">Incline Tricep Extensions (dumbbell)</a>	2	21	60
<a href="#">Tricep Rope Pushdowns</a>	2	21	60
<a href="#">Tate Press</a>	2	13	90
<a href="#">One Hand Push ups</a>	2	13	90
<a href="#">Pulldown &amp; Pressdown</a>	3	13	90
<a href="#">High Pull</a>	3	13	90
<a href="#">Wide Grip Pulldown</a>	3	13	90
<a href="#">Bent Dumbbell Row</a>	2	21	60
<a href="#">Front Raise Plate</a>	2	21	60

## Week 6: Day 2

Exercise	Sets	Reps	Rest (Sec)
<a href="#">Reverse Lunge</a>	2	21	60
<a href="#">Dumbbell Squat</a>	2	21	60
<a href="#">Stiff Leg Deadlift</a>	2	13	90
<a href="#">Step Ups</a>	2	13	90
<a href="#">Squat &amp; Press</a>	3	13	90
<a href="#">Alternate Incline Dumbbell Press</a>	3	13	90
<a href="#">Low Pulley Row Wide Grip</a>	3	13	90
<a href="#">Low Cable Cross Over</a>	2	21	60
<a href="#">Bent Lateral Raise</a>	2	21	60

Week 6: Day 3			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Calf Press</a>	3	21	60
<a href="#">Standing Calf Raises</a>	3	21	60
<a href="#">One leg Calf Raise (dumbbell)</a>	2	13	90
<a href="#">Pulldown &amp; Pressdown</a>	3	13	90
<a href="#">High Pull</a>	3	13	90
<a href="#">Low Pulley Row Close Grip</a>	3	13	90
<a href="#">Triple Raise</a>	2	21	60
<a href="#">Shrugs</a>	2	21	60

Week 6: Day 4			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Hammer Curl</a>	2	21	60
<a href="#">Standing Dumbbell Curl</a>	2	21	60
<a href="#">Seated Dumbbell Curl</a>	2	13	90
<a href="#">Barbell Curl</a>	2	13	90
<a href="#">Pullovers</a>	3	13	90
<a href="#">Standing Dumbbell Press</a>	3	13	90
<a href="#">Incline Dumbbell Press</a>	3	13	90
<a href="#">Bent Lateral Raises</a>	2	21	60
<a href="#">Standing Lateral Raise</a>	2	21	60

# Week 7

Week 7: Day 1			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Reverse Curls</a>	2	21	60
<a href="#">Incline Dumbbell Curls</a>	2	21	60
<a href="#">Standing Dumbbell Curls</a>	2	13	90
<a href="#">Cable Curls</a>	2	13	90
<a href="#">Pullovers</a>	3	13	90
<a href="#">Seated Shoulder Press</a>	3	13	90
<a href="#">Wide Grip Pulldowns</a>	3	13	90
<a href="#">Bent Dumbbell Row</a>	2	21	60
<a href="#">Dumbbell Front Raise</a>	2	21	60

Week 7: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Dumbbell Squat</a>	2	21	60
<a href="#">Reverse Lunge</a>	2	21	60
<a href="#">Step Up</a>	2	13	90
<a href="#">Get ups</a>	2	13	90
<a href="#">Squat &amp; Press</a>	3	13	90
<a href="#">Incline Dumbbell Press</a>	3	13	90
<a href="#">High Pull</a>	3	13	60
<a href="#">Curl &amp; Press</a>	2	21	60
<a href="#">Seated Lateral raise</a>	2	21	60

Week 7: Day 3			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Offset Push ups</a>	2	21	60
<a href="#">Tate Press</a>	2	21	60
<a href="#">One Hand Pushups</a>	2	13	90
<a href="#">Incline Tricep Extensions</a>	2	13	90
<a href="#">Pulldown &amp; Pressdown</a>	3	13	90
<a href="#">One Arm Dumbbell Row Lateral</a>	3	13	90
<a href="#">Dumbbell Upright Row</a>	3	13	90
<a href="#">Reverse Grip Pulldown</a>	2	21	60
<a href="#">Standing Lateral Raise</a>	2	21	60

Week 7: Day 4			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">One leg calf Raise (dumbbell)</a>	3	21	60
<a href="#">Calf Press</a>	3	21	60
<a href="#">Seated Calf Raise</a>	2	13	90
<a href="#">Pullovers</a>	3	13	90
<a href="#">Alternate Incline Dumbbell Press</a>	3	13	90
<a href="#">Cable Cross Over (high)</a>	3	13	90
<a href="#">Front Raise (Plate)</a>	2	21	60
<a href="#">Incline Dumbbell Flyes</a>	2	21	60



# Week 8

Week 8: Day 1			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Tate Press</a>	2	21	60
<a href="#">Tricep Rope Pushdowns</a>	2	21	60
<a href="#">Incline Tricep Extensions</a>	2	13	90
<a href="#">Spiderman Push ups</a>	2	13	90
<a href="#">High Pull</a>	3	13	90
<a href="#">Close Grip Pulldown</a>	3	13	90
<a href="#">Pulldown &amp; Pressdown</a>	2	21	60
<a href="#">Bent Dumbbell Row</a>	2	21	60
<a href="#">Triple Raises</a>	3	21	60

Week 8: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Reverse Lunge</a>	2	21	60
<a href="#">Dumbbell Squat</a>	2	21	60
<a href="#">Stiff Leg Deadlift</a>	2	13	90
<a href="#">One Leg Deadlift</a>	2	13	90
<a href="#">Squat &amp; Press</a>	3	13	90
<a href="#">Alternate Incline Dumbbell Press</a>	3	13	90
<a href="#">Incline Dumbbell Press</a>	2	13	90
<a href="#">Cable Cross Over High</a>	3	21	60
<a href="#">Front Raise (Plate)</a>	2	21	60

<b>Week 8: Day 3</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest (Sec)</b>
<a href="#"><u>Calf Press</u></a>	2	21	60
<a href="#"><u>Seated Calf Raises</u></a>	3	21	60
<a href="#"><u>One Leg Calf Raise (Dumbbell)</u></a>	3	13	90
<a href="#"><u>Pulldown &amp; Pressdown</u></a>	3	13	90
<a href="#"><u>High Pull</u></a>	3	13	90
<a href="#"><u>Seated Dumbbell Press</u></a>	3	13	90
<a href="#"><u>Stability Ball Curl Up</u></a>	2	21	60
<a href="#"><u>Stability Ball Roll Out</u></a>	2	21	60

<b>Week 8: Day 4</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest (Sec)</b>
<a href="#"><u>Seated Dumbbell Curl</u></a>	2	21	60
<a href="#"><u>Standing Dumbbell Curl</u></a>	2	21	60
<a href="#"><u>Barbell Curl</u></a>	2	13	90
<a href="#"><u>One Arm Dumbbell Row</u></a>	2	13	90
<a href="#"><u>Bent Dumbbell Row</u></a>	3	13	90
<a href="#"><u>Low Pulley Row Wide Grip</u></a>	3	13	90
<a href="#"><u>Seated Dumbbell Laterals</u></a>	3	13	90
<a href="#"><u>Incline Dumbbell Flye</u></a>	2	21	60
<a href="#"><u>Stability Ball Curl Up</u></a>	2	21	60

# Week 9



Week 9: Day 1			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Cable Curls</a>	2	13	60
<a href="#">Standing Dumbbell Curls</a>	2	13	60
<a href="#">Incline Dumbbell Curls</a>	2	8	90
<a href="#">Barbell Curls</a>	2	8	90
<a href="#">Curl &amp; Press</a>	3	8	90
<a href="#">Seated Shoulder Press</a>	5	8	90
<a href="#">Wide Grip Pull downs</a>	3	13	60
<a href="#">Standing Lateral Raise</a>	2	13	60

Week 9: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Step Ups</a>	2	13	60
<a href="#">Reverse Lunge</a>	2	13	60
<a href="#">Dumbbell Squat</a>	2	8	90
<a href="#">Stiff Leg Deadlift</a>	2	8	90
<a href="#">Squat &amp; Press</a>	3	8	90
<a href="#">Incline Dumbbell Press</a>	5	8	90
<a href="#">High Pull</a>	3	13	60
<a href="#">Shrugs</a>	2	13	60

<b>Week 9: Day 3</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest (Sec)</b>
<a href="#"><u>Tricep Rope Pushdowns</u></a>	2	13	60
<a href="#"><u>Close Hands Push ups</u></a>	2	13	60
<a href="#"><u>Incline Tricep extension (barbell)</u></a>	2	8	90
<a href="#"><u>Tate Press</u></a>	2	8	90
<a href="#"><u>Pulldown &amp; Press down</u></a>	3	8	90
<a href="#"><u>Standing Dumbbell Press</u></a>	5	8	90
<a href="#"><u>Dumbbell Upright Row</u></a>	3	13	60
<a href="#"><u>Bent Dumbbell Row</u></a>	2	13	60

<b>Week 9: Day 4</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Rest (Sec)</b>
<a href="#"><u>Seated Calf Raises</u></a>	3	13	60
<a href="#"><u>Calf Press</u></a>	3	13	60
<a href="#"><u>One Leg Calf Raise (Dumbbell)</u></a>	2	8	90
<a href="#"><u>Cable Face Pulls</u></a>	3	13	90
<a href="#"><u>Low Pulley Row Wide Grip</u></a>	5	8	90
<a href="#"><u>Curl &amp; Press</u></a>	2	8	60
<a href="#"><u>Seated Lateral Raises</u></a>	3	13	60

# Week 10



Week 10: Day 1			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Incline Tricep Extensions</a>	2	13	60
<a href="#">Rope Pushdowns</a>	2	13	60
<a href="#">Tate Press</a>	2	8	90
<a href="#">One Hand Push ups</a>	2	8	90
<a href="#">Pulldown &amp; Pressdown</a>	3	8	90
<a href="#">High Pull</a>	5	8	90
<a href="#">Wide Grip Pulldown</a>	3	13	60
<a href="#">Front Raise Plate</a>	2	13	60

Week 10: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Reverse Lunge</a>	2	13	60
<a href="#">Dumbbell Squat</a>	2	13	60
<a href="#">Stiff Leg Deadlift</a>	2	8	90
<a href="#">Step Ups</a>	2	8	90
<a href="#">Squat &amp; Press</a>	3	8	90
<a href="#">Alternate Incline Dumbbell Press</a>	5	8	90
<a href="#">Low Pulley Row Wide Grip</a>	3	13	60
<a href="#">Bent Lateral Raise</a>	2	13	60

Week 10: Day 3			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Calf Press</a>	3	13	60
<a href="#">Standing Calf Raises</a>	3	13	60
<a href="#">One Leg Calf Raise (Dumbbell)</a>	2	8	90
<a href="#">Pulldown &amp; Pressdown</a>	3	8	90
<a href="#">High Pull</a>	5	8	90
<a href="#">Seated Lateral Raises</a>	3	13	60
<a href="#">Shrugs</a>	2	13	60

Week 10: Day 4			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Hammer Curl</a>	2	13	60
<a href="#">Standing Dumbbell Curl</a>	2	13	60
<a href="#">Seated Dumbbell Curl</a>	2	8	90
<a href="#">Barbell Curls</a>	2	8	90
<a href="#">Bent Dumbbell Row</a>	3	8	90
<a href="#">Standing Dumbbell Press</a>	5	8	90
<a href="#">Incline Dumbbell Press</a>	3	13	60
<a href="#">Standing Lateral Raise</a>	2	13	60

# Week 11



Week 11: Day 1			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Reverse Curls</a>	2	13	60
<a href="#">Incline Dumbbell Curls</a>	2	13	60
<a href="#">Standing Dumbbell Curls</a>	2	8	90
<a href="#">Rope Curls</a>	2	8	90
<a href="#">Pullovers</a>	3	8	90
<a href="#">Seated Shoulder Press</a>	5	8	90
<a href="#">Wide Grip Pulldowns</a>	3	13	60
<a href="#">Front Raise Dumbbell Two Hands</a>	2	13	60

Week 11: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Dumbbell Squat</a>	2	13	60
<a href="#">Reverse Lunge</a>	2	13	60
<a href="#">Step Up</a>	2	8	90
<a href="#">Get ups</a>	2	8	90
<a href="#">Squat &amp; Press</a>	3	8	90
<a href="#">Incline Dumbbell Press</a>	5	8	90
<a href="#">High Pull</a>	3	13	60
<a href="#">Seated Lateral raise</a>	2	13	60



Week 11: Day 3			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Offset Push ups</a>	2	13	60
<a href="#">Tate Press</a>	2	13	60
<a href="#">One Hand Pushups</a>	2	8	90
<a href="#">Incline Tricep Extensions</a>	2	8	90
<a href="#">Pulldown &amp; Pressdown</a>	3	8	90
<a href="#">One Arm Dumbbell Row Lateral</a>	5	8	90
<a href="#">Dumbbell Upright Row</a>	3	13	60
<a href="#">Reverse Grip Pulldown</a>	2	13	60

Week 11: Day 4			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">One leg calf Raise (dumbbell)</a>	3	13	60
<a href="#">Calf Press</a>	3	13	60
<a href="#">Seated Calf Raise</a>	2	8	90
<a href="#">Pullovers</a>	3	8	90
<a href="#">Alternate Incline Press</a>	5	8	90
<a href="#">Cable Cross Over (high)</a>	3	13	60
<a href="#">Incline Dumbbell Flyes</a>	2	13	60



# Week 12

Week 12: Day 1			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Tate Press</a>	2	13	60
<a href="#">Rope Pushdowns</a>	2	13	60
<a href="#">Incline Tricep Extensions</a>	2	8	90
<a href="#">Push ups (Spiderman)</a>	2	8	90
<a href="#">High Pull</a>	3	8	90
<a href="#">Reverse Grip Pulldown</a>	5	8	90
<a href="#">Pulldown &amp; Pressdown</a>	3	13	60
<a href="#">Bent Dumbbell Row</a>	2	13	60

Week 12: Day 2			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Reverse Lunge</a>	2	13	60
<a href="#">Dumbbell Squat</a>	2	13	60
<a href="#">Stiff Leg Deadlift</a>	2	8	90
<a href="#">One Leg Deadlift</a>	2	8	90
<a href="#">Squat &amp; Press</a>	3	8	90
<a href="#">Alternate Incline Dumbbell Press</a>	5	8	90
<a href="#">Cable Cross Over Mid</a>	3	13	60
<a href="#">Front Raise (Plate)</a>	2	13	60

Week 12: Day 3			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">Calf Press</a>	2	13	60
<a href="#">Seated Calf Raises</a>	3	13	60
<a href="#">One Leg Calf Raise (Dumbbell)</a>	3	8	90
<a href="#">Pulldown &amp; Pressdown</a>	3	8	90
<a href="#">High Pull</a>	5	8	90
<a href="#">Standing Lateral Raise</a>	3	13	60
<a href="#">Curl &amp; Press</a>	2	13	60

Week 12: Day 4			
Exercise	Sets	Reps	Rest (Sec)
<a href="#">One Arm Dumbbell Row</a>	2	13	60
<a href="#">Standing Dumbbell Curl</a>	2	13	60
<a href="#">Barbell Curls</a>	2	8	90
<a href="#">Seated Dumbbell Curl</a>	2	8	90
<a href="#">Bent Dumbbell Row</a>	2	13	90
<a href="#">Low Pulley Row Wide Grip</a>	5	8	90
<a href="#">Incline Dumbbell Flye</a>	3	13	60
<a href="#">Incline Dumbbell Press</a>	3	8	60